



Blueberry Gems

 Vegetarian  Dairy Free

READY IN



33 min.

SERVINGS



36

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 cups blueberries fresh
- 2 egg whites
- 1.5 cups flour all-purpose
- 0.7 cup orange juice
- 0.1 teaspoon salt
- 1.5 tablespoons vanilla extract
- 2 tablespoons vegetable oil

0.3 cup granulated sugar white

Equipment

bowl

oven

mixing bowl

toothpicks

muffin liners

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly coat muffin pans with nonstick cooking spray, set aside.

In a mixing bowl, stir together flour, sugar, baking powder, and salt. Make a well in the center of flour mixture, set aside.

In a separate bowl, stir together egg whites, orange juice, oil and vanilla.

Add egg white mixture all at once to the flour mixture; stir just until moistened. Fold in blueberries. Spoon into prepared muffin cups, filling each about 2/3 full.

Bake in preheated oven for 15 to 18 minutes, or until golden and toothpick inserted into centers comes out clean. Cool slightly before removing from pans.

Serve warm with butter.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:4.43, Inflammation Score:-1, Nutrition Score:1.3500000056203%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin:
0.55mg, Hesperetin: 0.55mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin:
0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol:
0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:
0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 39.08kcal (1.95%), Fat: 0.84g (1.3%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 6.86g (2.29%), Net
Carbohydrates: 6.56g (2.38%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 28.78mg (1.25%), Alcohol:
0.19g (100%), Alcohol %: 1.15% (100%), Protein: 0.8g (1.6%), Vitamin C: 2.89mg (3.51%), Vitamin B1: 0.05mg (3.16%),
Selenium: 2.12µg (3.03%), Manganese: 0.06mg (2.92%), Folate: 11.35µg (2.84%), Vitamin K: 2.6µg (2.48%), Vitamin
B2: 0.04mg (2.22%), Vitamin B3: 0.36mg (1.78%), Iron: 0.29mg (1.61%), Fiber: 0.3g (1.19%), Calcium: 11.64mg (1.16%),
Phosphorus: 11.08mg (1.11%)